



IMAGINE A HEALTHY BERMUDA



We have all heard the stories, and they seem hard to believe in Bermuda. Stories of people who can't afford the care they need to manage their chronic conditions. Stories of hard working people who delay getting care because of high co-pays. Seniors who have to

choose between medicines and groceries; and families forced to decide between insurance and child care. Bermuda spends more than \$700 million a year on healthcare—a figure that is not only unsustainable and out of proportion to the Island's size, but that should

actually be enough to afford the healthcare we all need. Lack of preventive care and timely treatment ultimately leads to higher health costs, as conditions worsen and become more complex and expensive. And, worse, patients lose quality of life and families suffer with stress and expenses. At the same time, employers and working people are lumbered with higher health costs and the population keeps getting sicker and older. Nobody finds this situation acceptable and we need to take bold steps to fix it. The Ministry of Health has been working to develop solutions, and by working together we know we can make a healthier Bermuda a reality.

TAKING IT TO THE STREETS

For the third year, "Taking It To The Streets" will be visiting different locations on the island to offer free health screenings and assist persons with healthy lifestyle changes. The Department of Health's mandate is to halt the rise in diabetes, hypertension and obesity. To deliver on that mandate, the Community Health Nursing team with the 7th Day Adventist Church host these health screenings to identify persons who are at risk for non-communicable diseases such as diabetes and hypertension. During the health screenings the

nurses monitor blood pressure, blood sugar, and waist measurements to identify a person's body mass index. If risk factors are identified, the Community Health Nursing team educate individuals and follow-up to help reverse the risk factors and stem the possibility of turning into a chronic non-communicable disease that could become crippling and expensive to manage. This year the screenings will also include Nutrition Services and the Communicable Disease

Clinic Services. The screening events this year will be on **Friday, 5th July, at E.F. Gordon Square, 9th August at Langley House, St. David's and on 6th September at St. Georges Square.**

PHARMACY AND POISONS ACT UPDATED

Medicines such as Ibuprofen (Motrin, Advil), diclofenac (Voltaren) and naproxen (Aleve) are now over the counter. The latest update to the Pharmacy and Poisons Act reviewed medicines based on their safety profile and risk for abuse or misuse. Based on this review some of the low risk medicines were moved from behind the counter.

VACCINE STRATEGY

The Department of Health has published *Bermuda's Strategy on Vaccination Hesitancy* with the aim of increasing immunization coverage by 10% by 2021. Vaccination coverage for children at six months is very low leaving the community exposed for communicable diseases. Find the strategy at: www.gov.bm/reports

ADULT DAY CARE GUIDELINES

The Ministry of Health has published an *Adult Day Care Facilities Guide* that outlines operating requirements and recommended service standards. Adult day care facilities provide care services to 2 or more persons, over the age of 18, who are unrelated to the caregiver(s), for less than 24 hours per day. Find the Guide at: www.gov.bm/care-homes-and-adult-day-care-facilities

